EXSUFFLATION

CHANNEL 0

Dedicated to Nana, Trinitee & Lily.

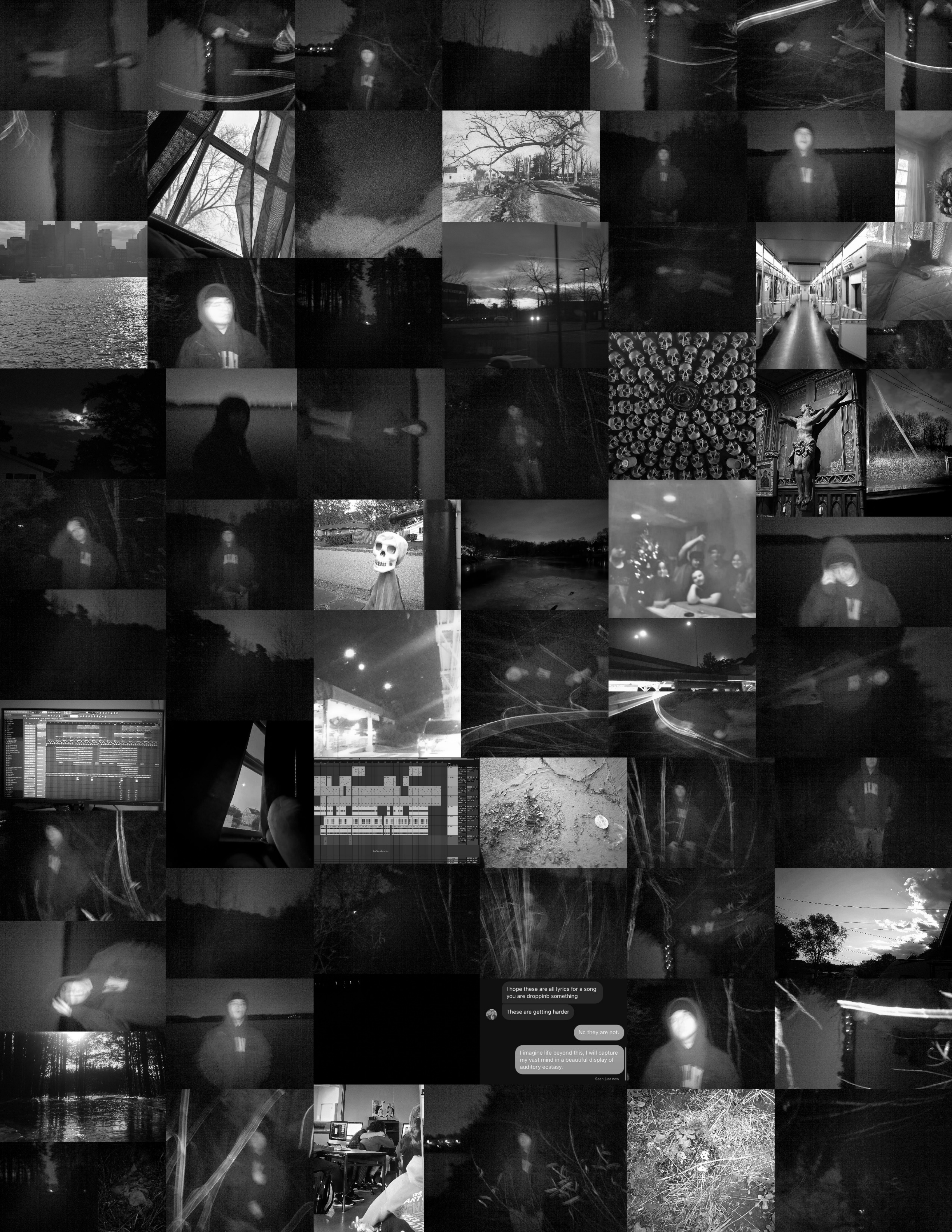
1/9/2026

The first song I made for **Channel 0** was **Note**. The final export was on **November 18th, 2025**. The next day, **one of my best friends from high school passed away**. The day after that was **my birthday.**

I'm writing this on **January 9th, 2026**. My **Nana passed away yesterday**.

I miss her more every second.

This world is **unforgiving**. The both of them were so **loving and supportive**. **Death** has consumed the last **2 months of my life**. Even in my thoughts. **Inescapable**. **Suicide** has crossed my mind. I feel genuinely **broken**. I don't know where to go from here. These are my **thoughts**.



I hope these are all lyrics for a song you are droppinb something

These are getting harder

No they are not.

I imagine life beyond this, I will capture my vast mind in a beautiful display of auditory ecstasy.

Seen just now

3/25/2026

My dog **Lily** was **put down** today.
Her health problems have gotten
so bad to the point where we felt
she was suffering.
She was such a good girl.

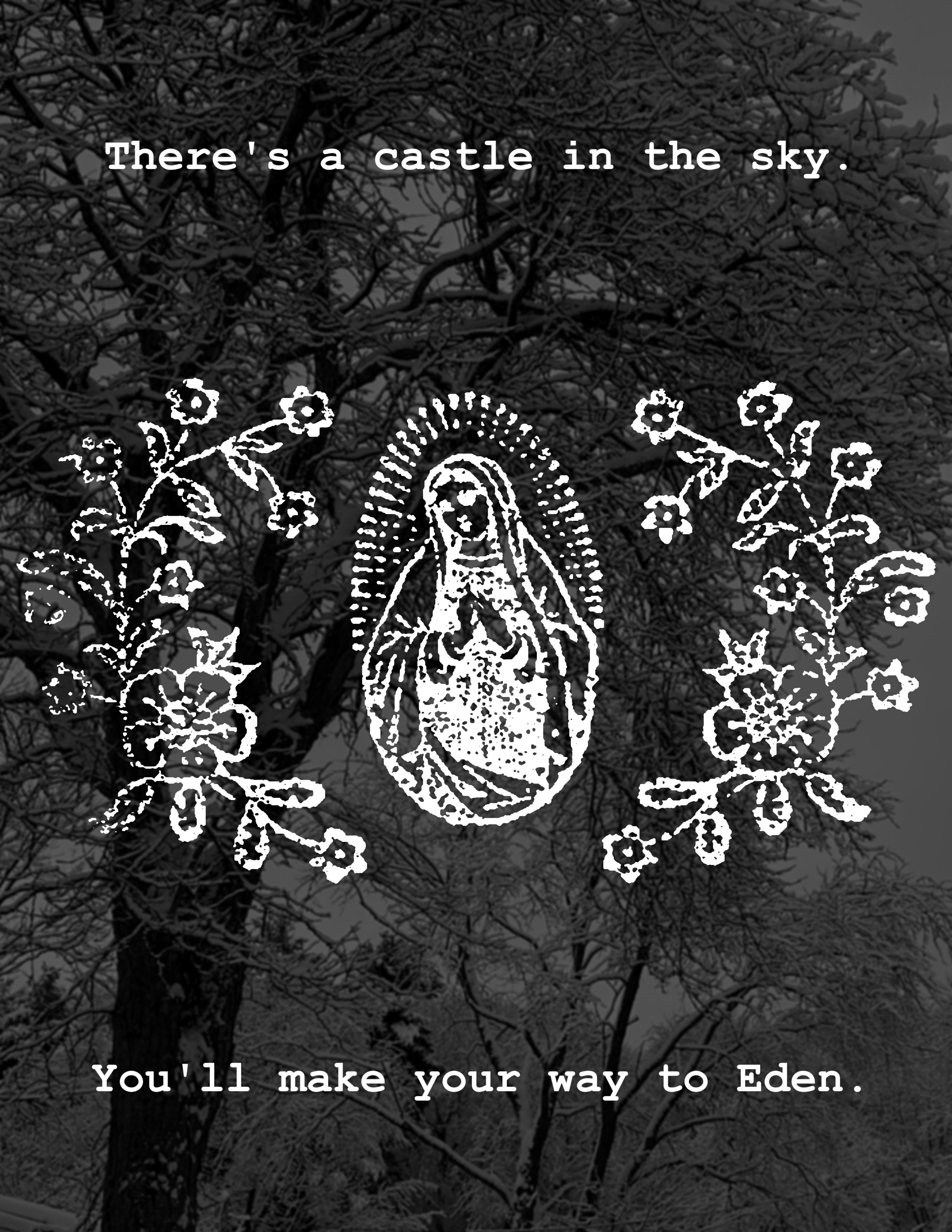
Rest In Peace, Lil.
I'll see you on the Rainbow Bridge.

The lyrics to these songs serve as
documentation of my life and
mental well-being within the past 6 months.

I'll feel better at some point.
I hope these songs mean something
to you all as well.

EDEN

There's a castle in the sky.



You'll make your way to Eden.

GARDEN

My body and soul feel trapped in a garden, lost forever.
My mind and heart feel dead and buried where you find me.

NOTE

There's no reason to go on, every
time has failed. I live in regret,
agony courses through me.
I refuse to be held down.

Every day I think of
trying again.

Memories that flow through my
mind, and they drag me down as I
rot. Stuck within these 4 walls,
I think I'm going insane.

DISEASE

I’m feeding my disease,
I don’t need anyone to help me.

It’s to the point where it’s hard to breathe.
And it feels so desolate, so empty.

All the pieces are falling apart,
it's impossible to manifest destiny.

I’m feeding my disease.
And for now, my decisions
don't belong to me.

Pushing the bottle against my teeth.
Wish it was a barrel
to end my worries.

Can I make it to tomorrow?
Will I be able to
survive next week?

VOICEMAILS

Sit in silence, all alone.
Shut the door, shut off your phone.

No more being left alone.
Make a movement on your own.

ASHES

I'll have to learn to live now that all of you are gone.
And the world feels lonely now.
This is now the life I live.

A veil of sorrow clouds my eyes.
And I'll hold these memories for all my life.
These faces I wont see again.
I hope that peace will find you in death.

Now I feel I have nothing left to give.
And this pain is something I don't think I can relive.

Three souls no longer of this world.
But now, committed to the earth.
I hope you all are drowned in bliss.
I’ll see you once I reach abyss.

CHANNEL 0 NOW AVAILABLE ON ALL STREAMING PLATFORMS

CH 0
EXSUFFLATION

CD'S AVAILABLE ON BANDCAMP

I would like to thank:

My family, James, Lily, Iris, Zella, Dylan, Jack, all of the NewInnovativeProject family, Alfred, Salem, Strfll, Undead Evergreen, House of Leaves, Zin of the Witch House forum, the Witch House forum itself, Subvert.fm, Vertigo Cult, Boston Hardcore, Mutant Zones, the state of Massachusetts, FL Studio, my $20 camcorder from 2009, Jake (Skratch Therapy), coffee, beer, blurry photos, the MBTA, mp3cut.net, OBS, mysterious alt instagram accounts that you follow 1 person on but don't tell anyone else about, every band on The Flenser, Ibanez Guitars, anyone I may have forgotten and anyone who has ever supported me.

This is a deeply personal album lyrically.
If you or someome you know are struggling, please reach out.
You are not alone and you are loved.

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